

East Troy Parks & Recreation  
2015 Energy Drive  
East Troy, WI 53120

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# East Troy Parks & Rec FALL 2015



Trick or Treat  
in the Village of East Troy on  
Saturday, October 31 from 5-7:30pm





# SWIMMING AND YOUTH CLASSES

## SWIMMING LESSONS

### Ages 3+

American Red Cross Classes are listed below with a general description and a list of skills to be taught at each level. Children often need to repeat certain levels. It is the goal of the aquatics program to serve as many swimmers as possible within the resources available (pool time and instructors). Please register early. Classes will be adjusted to accommodate as many participants as possible. If you are unable to get the class of your choice, please have us place your request on the waiting list! Thank you! Students must bring a towel and swim suit. All students will receive a report card.

INSTRUCTOR: Sara Geuder

LOCATION: East Troy QUALITY INN-2921 O'Leary Lane

COST: Village of East Troy Resident Fee: \$46, Non Resident Fee: \$61

ENROLLMENT: Maximum 6

## BEGINNER

### Ages 3-6

Intro to getting comfortable going completely underwater, floating on back independently, swimming on front, and basic water safety skills. Equivalent to American Red Cross Level 1 for ages 3-6. Must be 3 by first day of class.

Class #	Day	Date	Time	Reg By
501-FL15	Wednesdays	Oct 14-Nov 18	3:30-4PM	9-28

## INTERMEDIATE

### Ages 3-6

Must be able to demonstrate mastered Beginning skills. Intro to wall bobs, breath control, floating and swimming independently on front and back and basic water safety skills. Equivalent to American Red Cross Level 2 for ages 3-6. Must be 3 by the first day of class.

Class #	Day	Date	Time	Reg By
502-FL15	Wednesdays	Oct 14-Nov 18	4:15-4:45PM	9-28

## ADVANCED

### Ages 3-6

Must be able to demonstrate mastered Intermediate skills. Intro to Stroke development on front and back, treading water, and body rolls and tuck flips. Equivalent to American Red Cross Level 3 for ages 3-6. Must be 3 by first day of class.

Class #	Day	Date	Time	Reg By
503-FL15	Wednesdays	Oct 14-Nov 18	5-5:30PM	9-28

## LEVEL 1

### 1st Grade and Over

Intro to basic water skills: Getting comfortable submerging, floating and swimming on front and back, and basic safety skills.

Class #	Day	Date	Time	Reg By
601-FL15	Thursday	Oct 15-Nov 19	4-4:50PM	9-28

## LEVEL 2

### 1st Grade and Over

Fundamental water skills: Must be able to demonstrate mastered level 1 skills, Intro to rhythmic breathing and independent swimming on front and back, and basic water safety skills.

Class #	Day	Date	Time	Reg By
602-FL15	Thursday	Oct 15-Nov 19	5-5:50PM	9-28

## LEVEL 3

### 1st Grade and Over

Stroke Development: Must be able to demonstrate mastered Level 2 skills. Developing Front crawl and Elementary Backstroke and treading water skills.

Class #	Day	Date	Time	Reg By
603-FL15	Thursdays	Oct 15-Nov 19	6-6:50PM	9-28

## WATER EXERCISE

### Age 40+

This is a great way to get moving and get into shape! We will exercise to strengthen your heart and lungs and increase flexibility

INSTRUCTOR: Vickie Muszynski

LOCATION: East Troy QUALITY INN-2921 O'Leary Lane

COST: \$35

ENROLLMENT: Minimum 3, Maximum 12

Class #	Day	Date	Time	Reg By
WTR1-FL15	Tues & Thurs	Sept 29-Oct 22	12:30-1:15PM	9-14
WTR2-FL15	Tues & Thurs	Oct 27-Nov 19	12:30-1:15PM	10-12
WTR3-FL15	Tues & Thurs	Nov 24-Dec 22	12:30-1:15PM	11-9

## MUSIC & MORE

### Ages 9 months-4 yrs. Parent/Child Class

This is a sing along musical activity children and their parents or caregivers. The class incorporates traditional children's songs, finger play, rhythm instruments, and dance movements. Our goal is to give children a love for all kinds of music. Bring your dancing feet and join us for a fun class!

INSTRUCTOR: Carrie Maass-Luedtke

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$26, Non Resident Fee: \$41

ENROLLMENT: Minimum 6, Maximum 14

Class #	Day	Date	Time	Reg By
MM-FL15	Thursdays	Oct 29-Nov 19	9:45-10:15AM	10-12

## SPORTIN' TODDLERS

### 18months to 35 months

Running, jumping, throwing, kicking! This open gym will get both toddler and parent moving and shaking...toddler style! Fun is the name of these games!

INSTRUCTOR: Ashlee Arendt

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$20, Non Resident Fee: \$35

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
ST-1-FL15	Thursdays	Jan 7-Jan 28	10:30-11AM	12-21



## YOUTH CLASSES



### TODDLER TUMBLING

18-35 months

Get ready to tumble! This parent/child open gym will start with a group warm-up and stretching then a quick introduction to the stations before our young gymnasts are off to perfect their skills! This is a parent/child open gym with obstacles and introductory gymnastic activities.

INSTRUCTOR: Ashlee Arendt/Gabby Mitchell

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$26, Non Resident Fee: \$41

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
TT1G-FL15	Wednesdays	Sept 16-Oct 7	5-5:30PM	8-31
TT2G-FL15	Saturdays	Sept 19-Oct 10	9-9:30AM	8-31
TT3G-FL15	Wednesdays	Oct 21-Nov 11	5-5:30PM	10-12
TT4G-FL15	Sundays	Nov 15-Dec 6	12-12:30PM	11-9
TT5A-FL15	Saturdays	Jan 2-Jan 23	9-9:30 AM	12-21
TT6A-FL15	Thursdays	Jan 7-Jan 28	5-5:30 PM	12-21

### PRESCHOOL OPEN GYM

2-5 Years

This unstructured supervised play environment is just what your little one needs to run off that extra energy! Come run, jump and play we have tunnels, mini trampolines and more!

SUPERVISOR: Ashley Pollock

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$5, Non Resident Fee: \$10

ENROLLMENT: Minimum 4, Maximum 10

Class #	Age	Date	Time	Reg By
OG-A-FL15	Thursdays	Oct 1-Oct 22	9-9:30AM	9-14
OG-B-FL15	Thursdays	Nov 5-Nov 19	9-9:30AM	10-19
OG-C-FL15	Thursdays	Dec 3-Dec 17	9-9:30AM	11-16
OG-D-FL15	Thursdays	Jan 7-Jan 28	9-9:30AM	12-14

### 1, 2, 3 COME COUNT WITH ME

2-5 Years

We will explore numbers through counting with objects and pictures, songs and games. Snacks will be given.

INSTRUCTOR: Carrie Maass-Luedtke

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$26, Non Resident Fee: \$41

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
123-FL15	Thursdays	Sept 24-Oct 15	9:45-10:15AM	9-8

### SHAPES AND COLORS

2-5 Years

We will learn about shapes and colors all around us each week through art, games, and movement. Please come dressed in your favorite color on the first day! Snacks will be given.

INSTRUCTOR: Carrie Maass-Luedtke

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$26, Non Resident Fee: \$41

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
SC-FL15	Thursdays	Sept 24-Oct 15	10:30-11AM	9-8

### BIPPITY BOPPITY BOOKS

2-5 Years

Favorite books will be read aloud, and characters and stories will come to life through imaginative games, activities and crafts! Snack provided.

INSTRUCTOR: Carrie Maass-Luedtke/Ashlee Arendt

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$26, Non Resident Fee: \$41

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
BBB-1C-FL15	Thursdays	Oct 29-Nov 19	10:30-11AM	10-12
BBB-2A-FL15	Thursdays	Jan 7-Jan 28	9:45-10:15AM	12-21

### TUTU TIME (BALLET)

2-5 Years

Dance classes will explore age appropriate steps and creative movement concepts through exciting music and a nurturing environment. Dance attire: leotard and tights, ballet shoes & if a tutu if you'd like! Hair must be tied back. No experience required.

INSTRUCTOR: Ashlee Arendt/Gabby Mitchell

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$28, Non Resident Fee: \$32

Class #	Day	Dates	Time	Reg By
22T1G-FL15	Saturdays	Sept 19-Oct 10	11:15-12PM	8-31
22T2A-FL15	Saturdays	Jan 2-Jan 23	11:15-12 PM	12-21

### PRINCESS FOR A DAY

Ages 2.5-6

We all know a little girl who is a princess and this class will make them feel like royalty. All princesses are invited and encouraged to come dressed for the royal ball. Fun projects and snacks and of course royal dancing will be included.

INSTRUCTOR: Ashlee Arendt

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$24, Non Resident Fee: \$39

ENROLLMENT: Minimum 4, Maximum 18

Class #	Day	Date	Time	Reg By
PDC-FL15	Saturday	Oct 10	9AM-12PM	9-28



# YOUTH CLASSES

## TO REGISTER

Complete registration form on page 12 OR  
visit our website at [www.easttroy-wi.com](http://www.easttroy-wi.com)

## PRE-NASTICS

*3-4 Years*

We will focus on listening skills and body awareness to develop coordination, balance, and flexibility and introduce your child to basic tumbling and gymnastic skills. What to wear: Body suits or t-shirts with shorts or warm-ups and cotton socks. Please no nylon tights, jeans or clothing with zippers, belt buckles or jewelry. Long hair should be tied back.

INSTRUCTOR: Ashlee Arendt/Gabby Mitchell

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$30, Non Resident Fee: \$45

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
PN1G-FL15	Wednesdays	Sept 16-Oct 7	5:35-6:10PM	8-31
PN2G-FL15	Saturdays	Sept 19-Oct 10	9:35-10:10AM	8-31
PN3G-FL15	Wednesdays	Oct 21-Nov 11	5:35-6:10PM	10-12
PN4G-FL15	Sundays	Nov 15-Dec 6	12:35-1:10PM	11-9
PN5A-FL15	Saturdays	Jan 2-Jan 23	9:35-10:10 AM	12-21
PN6A-FL15	Thursdays	Jan 7-Jan 28	5:35-6:10 PM	12-21

## SOCCER FUN

*Boys & Girls Ages 3-5*

Goal! Let's play soccer! We will work on passing, dribbling, trapping, shooting, field positions, and play some games. Dress for the weather! Parent participation is encouraged.

INSTRUCTOR: Cody Stuht

LOCATION: Village Baseball Diamonds – 3090 Graydon Ave

COST: Village of East Troy Resident Fee: \$25, Non Resident Fee: \$39

ENROLLMENT: Min 6

Class #	Day	Date	Time	Reg By
SOC-FL15	Saturdays	Sept. 19-Oct 10	10-10:45AM	9-8

## T-BALL

*Boys & Girls Ages 3-5*

This is a beginner class. We will work on throwing, hitting, and catching, base running and play some games. Please bring a baseball glove.

INSTRUCTOR: Cody Stuht

LOCATION: Village Baseball Diamonds – 3090 Graydon Ave

COST: Village of East Troy Resident Fee: \$25, Non Resident Fee: \$39

ENROLLMENT: Min 4

Class #	Day	Date	Time	Reg By
TB-FL15	Saturdays	Sept 19-Oct 10	11-11:45AM	9-8

## FLAG FOOTBALL

*Ages 4-6*

Learning teamwork and having fun is the focus of this course. It is designed to teach just the basics of the great game of football, while more importantly giving children a chance to enjoy this cornerstone of American sporting life. Children involved will have a chance to develop confidence, teamwork skills and knowledge of football all while having fun! Please make sure to bring something to drink.

INSTRUCTOR: Cody Stuht

LOCATION: Village Baseball Diamonds

COST: Village of East Troy Resident Fee: \$25, Non Resident Fee: \$40

ENROLLMENT: Minimum 6, Maximum 24

Class #	Day	Date	Time	Reg By
FF104A-FL15	Saturdays	Sept 19-Oct 10	9-9:45AM	9-8

## DANCE SAMPLER

*Ages 4-8*

In this class the kids will learn a new dance every week. Using fun music and age appropriate steps for the basics of Jazz, ballet and hip hop and have a lot of fun! Dance attire: leotard and tights, ballet shoes & Athletic or Jazz shoes for jazz classes and hair must be tied back.

INSTRUCTOR: Ashlee Arendt/Gabby Mitchell

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$28, Non Resident Fee: \$42

ENROLLMENT: Minimum 4, Maximum 18

Class #	Day	Date	Time	Reg By
DS-1G-FL15	Wednesdays	Sept 16-Oct 7	7:15-8PM	8-31
DS-2G-FL15	Sundays	Nov 15-Dec 6	2:15-3PM	11-9
DS-3A-FL15	Thursdays	Jan 7-Jan 28	7:15-8 PM	12-21

## TENNIS

*Ages 4-16*

This tennis program teaches kids the fun of tennis and the basics of the game of tennis. Fundamentals and rules will be discussed. Bring one can of new PENN or WILSON tennis balls to the first day of class.

INSTRUCTOR: Mikey Loehe

LOCATION: East Troy High School Tennis Courts

COST: Village of East Troy Resident Fee: \$28, Non Resident Fee: \$43

ENROLLMENT: Min 4, Max 12

## PEE-WEE TENNIS

*Ages 4-5*

Just for fun, these little "pee-wee's" will learn basics and how much fun tennis can be! Racquets provided for use in this class.

Class #	Age	Day	Date	Time	Reg By
PWT-FL15	4-5	Sundays	Sept 20-Oct 11	10-10:45AM	9-8

## BEGINNER TENNIS

*Ages 6-8*

These beginners will learn the simple basics of tennis.

Class #	Age	Day	Date	Time	Reg By
BEGT-FL15	6-8	Sundays	Sept 20-Oct 11	11-11:45AM	9-8

## INTERMEDIATE TENNIS

*Ages 9-11*

The intermediates will learn more about playing tennis, including scoring and playing a match.

Class #	Age	Day	Date	Time	Reg By
INTT-FL15	9-11	Sundays	Sept 20-Oct 11	12-1PM	9-8

## ADVANCED TENNIS

*Ages 12-16*

Advanced players will learn how to improve their strongest abilities, and then work on their weaknesses.

Class #	Age	Day	Date	Time	Reg By
ADVT-FL15	12-16	Sundays	Sept 20-Oct 11	1:15-2:15PM	9-8

## LATE FEES

Registrations received after 3:30PM on the deadline date are considered late. A non-refundable late fee of \$10 per participant, per activity will be assessed. The Recreation Director will determine acceptance of the late registration.

# YOUTH CLASSES

## BASIC TUMBLING

5-10 years

From butterflies to bunnies, forward rolls to straddle, back rolls to bridges... participants will learn the basics with focus on creativity and skill building. What to wear: Body suits or t-shirts with shorts or warm-ups and cotton socks. Please no nylon tights, jeans or clothing with zippers, belt buckles or jewelry. Long hair should be tied back.

INSTRUCTOR: Ashlee Arendt/Gabby Mitchell

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$30, Non Resident Fee: \$45

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
BT1G-FL15	Wednesdays	Sept 16-Oct 7	6:15-7PM	8-31
BT2G-FL15	Saturdays	Sept 19-Oct 10	10:15-11AM	8-31
BT3G-FL15	Wednesdays	Oct 21-Nov 11	6:15-7PM	10-12
BT4G-FL15	Sundays	Nov 15-Dec 6	1:15-2PM	11-9
BT5A-FL15	Saturdays	Jan 2-Jan 23	10:15-11 AM	12-21
BT6A-FL15	Thursdays	Jan 7-Jan 28	6:15-7 PM	12-21

## PARENT/CHILD VOLLEYBALL

1st and 2nd Grade

This parent/child program teaches the basic skills of volleyball in a fun and exciting environment. Includes child t-shirt.

LOCATION: Section Elementary School-Mukwonago

COST: Village of East Troy Resident Fee: \$48, Non Resident Fee: \$63

ENROLLMENT: Minimum 6, Maximum 12

Class #	Grade	Day	Date	Time	Reg By
VB125-FL15	1&2	Thursday	Jan 8-Feb 26	5:30-6:15PM	10-19
VB126-FL15	1&2	Thursday	Jan 8- Feb 26	6:30-7:15PM	10-19

## CO-ED VOLLEYBALL

3rd and 4th Grade

Boys & Girls will have fun learning the basic skills and participating in games. Includes one game night and one practice night Mon-Thurs 5:30PM or later each week chosen by coach Starting dates are approximate and subject to change.

LOCATION: Mukwonago Area Schools (TBD)

COST: Village of East Troy Resident Fee: \$54, Non Resident Fee: \$69

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
VB34-FL15	Friday	Jan 4-March 13	5:30PM or later	10-19

## CO-ED VOLLEYBALL

5th and 6th Grade

Boys & Girls will have fun learning the basic skills and participating in games. Includes one game night and one practice night Mon-Thurs 5:30PM or later each week chosen by coach. Starting dates are approximate and subject to change.

LOCATION: Mukwonago Area Schools (TBD)

COST: Village of East Troy Resident Fee: \$54, Non Resident Fee: \$69

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
VB56-FL15	Friday	Jan 4-March 13	5:30PM or later	10-19

## CO-ED VOLLEYBALL

7th, 8th and 9th Grade

Boys & Girls will have fun learning the basic skills and participating in games. Includes one game night and one practice night Mon-Thurs 5:30PM or later each week chosen by coach. Starting dates are approximate and subject to change.

LOCATION: Mukwonago Area Schools (TBD)

COST: Village of East Troy Resident Fee: \$54, Non Resident Fee: \$69

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
VB789-FL15	Friday	Jan 4-March 13	5:30PM or later	10-19

## KARATE FOR KIDS

Star Martial Arts Studios, Inc.

Classes for kids, Adults and families ages 5 and up

At Star Studios our program is a Sport Martial Art mix of Tae Kwon Do, Karate, Muay Thai, Kung Fu, Creative Martial Arts, and more. Our program is a safe, fun, exciting way to improve your child's quality of life. Join the Star Studio family today and start your exciting journey to Black Belt and above! The benefits of this program include: Confidence and Self esteem building, Improves, disciple, focus and physical fitness. Students will learn age appropriate self defense, teaches loyalty and respect, goal setting & achieving! All Classes start on time please arrives 5-10 minutes early, please no earlier.

INSTRUCTOR: Master Dana Paulli (U.S.M.A.A. & I.S.K.A CERTIFIED 5TH DEGREE BLACK BELT)

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$60 Non Resident Fee: \$75

ADDITIONAL FEES: New student uniform fee \$20.00 cash, paid at your first class to instructor.

## BEGINNER KIDS CLASS

Ages 5-12 Years

This class is for beginners, new students, gold belts ages 6-12.

Class #	Ages	Day	Date	Time	Reg By
MAB1-FL15	5-12	Fridays	Sept 4-Oct 23	5:30-6PM	8- 31
MAB2-FL15	5-12	Fridays	Oct 30-Dec 18	5:30-6PM	10-12
MAB3-FL15	5-12	Fridays	Jan 8-Feb 19	5:30-6PM	12-21

## INTERMEDIATE/ADVANCED KIDS CLASS

Advanced kids green belts and above.

Class #	Day	Date	Time	Reg By
MAIA1-FL15	Fridays	Sept 4-Oct 23	6:05-7PM	8-31
MAIA2-FL15	Fridays	Oct 30-Dec 18	6:05-7PM	10-12
MAIA3-FL15	Fridays	Jan 8-Feb 19	6:05-7PM	12-21

## TEENS/ADULT CLASS

Ages 12+

This class is for adults & teens ages 12 and above form targets, techniques and weapons.

Class #	Day	Date	Time	Reg By
MATA1-FL15	Fridays	Sept 4-Oct 23	7:05-8PM	8-31
MATA2-FL15	Fridays	Oct 30-Dec 18	7:05-8PM	10-12
MATA3-FL15	Fridays	Jan 8-Feb 19	7:05-8PM	12-21

## WINTER BASKETBALL

Boys and Girls Grades 1-4

This is a collaborative program with Mukwonago. Registration is based on CURRENT school grade. Basketball includes one practice night Mon-Thurs 5:30PM or later each week chosen by the coach. Fee for basketball includes team reversible mesh jersey. NOTE: co-ed teams will be formed if not enough players at specific gender register to make a league. Friday night games.

LOCATION: Mukwonago Area Schools (TBD)

COST: Village of East Troy Resident Fee: \$57, Non Resident Fee: \$72

ENROLLMENT: Minimum 6, Maximum 12

Class #	Grade	Day	Date	Time	Reg By
BB12-FL15	B&G GR 1&2	Friday	Oct 12-Dec 18	5:30PM or later	9-8
BB34-FL15	B&G GR 3&4	Friday	Oct 12-Dec 18	5:30PM or later	9-8

## T-SHIRT QUILTS

Taking orders now to convert your saved t-shirts into your very own personalized t-shirt quilt. Contact Tracey at (262) 470-1286 or [tracey@thecomputerhelpbutton.com](mailto:tracey@thecomputerhelpbutton.com) for more information.



# YOUTH CLASSES

## CHEERLEADER FOR A DAY-NEW

*Ages 6-12*

Come forget about the winter blues and join us for "Cheerleader for a Day!" We will learn cheers, chants, cheer etiquette during games and have lots of fun activities! Participants will make their own pom-pom's and perform a showcase of what they learned to family and friends at the end of the day!

INSTRUCTOR: Ashlee Arendt

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$30, Non Resident Fee: \$45

ENROLLMENT: Minimum 6

Class #	Day	Date	Time	Reg By
CLD-FL15	Saturday	Oct 10	12:30-4PM	9-28

## SKI & SNOWBOARD CLUB

*Ages 8-18*

Join the coolest club around and hit the slopes at Alpine Valley. We have two great sessions of skiing and snowboarding for you. These sessions offer a huge discount to ski or snowboard at Alpine Valley! Students must purchase a Student Club ID/Discount card for \$16. This club card comes with one free lesson! Additional lessons may be purchased for the same price of \$16. Lift tickets and rentals are just \$16 each with the club card. Parents can ski club nights only for the same reduced rate of just \$16. In addition to weekly ski club sessions, the student card allows the student to receive reduced price lift tickets and rentals, as many times as they wish, on non-holiday weekday evenings (3PM to close) through February 28. Beginning March 1 and through the end of the season, the club card may be used at any time. On club nights come to the ski school area and look for the table with the sign EAST TROY RECREATION SKI CLUB, we will have your lift tickets and rental slips there for you. On non club days you must present your ID at the ticket and rental counters to receive these discounts. NOTE THESE PRICES MAY CHANGE AS THIS WAS PUBLISHED BEFORE CONFIRMATION FOR 2015-2016 SEASON.

LOCATION: Alpine Valley Resort – meet in front of ski school

COST: \$63 fee includes 3 lift tickets and a ski/snowboard club card- rentals can be paid that day to the chaperone.

Class #	Day	Date	Time	Reg By
SKI-1-FL15	Mondays	Dec 14, Jan. 11, 25	4:30PM	11-30
SKI-2-FL15	Sundays	Jan 10, 24, Feb 7	2PM	12-28



## PAINT BALLING 101

*Ages 9-14*

Participants will learn the sport of paintball, safety, about the equipment and the rules of the game. Then participants will be given the opportunity to experience paint balling. Participants should wear a long sleeve shirt and long pants. The cost will include instruction, 250 paintballs, all equipment and CO2. Participants will need to sign a waiver available at the Rec Dept or Army Lake Camp. Meet at Army Lake Main Office.

INSTRUCTOR: Army Lake Camp Staff

LOCATION: Salvation Army Camp, N8725 Army Lake Rd, East Troy

COST: \$28.50

ENROLLMENT: Minimum 6, Maximum 8

Class #	Day	Date	Time	Reg By
PBL-FL15	Saturday	Nov 7	1-4PM	Oct 20

## HOME SCHOOL PARKOUR -NEW

*Ages 9-16*

Parkour or l'art du déplacement (sometimes referred to as free running) is a challenging, demanding physical discipline to train the mind and the body to overcome any obstacle quickly, efficiently and safely. This discipline emerged from French military and firefighter training. You will learn to vault, bound across railings and navigate any terrain only using your body. This course is taught by A.D.A.P.T. certified coaches from Wisconsin Parkour.

INSTRUCTOR: Travis Tetting

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$24, Non Resident Fee: \$39

ENROLLMENT: Minimum 3, Maximum 12

Class #	Day	Date	Time	Reg By
PO1-FL15	Thursdays	Sept 10, 24, Oct. 8, 22	1:30-2:30PM	9-1

## YOUTH PARKOUR-NEW

*Ages 10-17*

Parkour or l'art du déplacement (sometimes referred to as free running) is a challenging, demanding physical discipline to train the mind and the body to overcome any obstacle quickly, efficiently and safely. This discipline emerged from French military and firefighter training. You will learn to vault, bound across railings and navigate any terrain only using your body. This course is taught by A.D.A.P.T. certified coaches from Wisconsin Parkour.

INSTRUCTOR: Travis Tetting

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$48, Non Resident Fee: \$63 (1 class drop in fee \$10)

ENROLLMENT: Minimum 4, Maximum 12

Class #	Day	Date	Time	Reg By
PO1-FL15	Wednesdays	Sept 16-Nov 4	6:30-7:30PM	9-8

## SAFE SITTER

*Ages 11+*

Safe sitter training is designed for today's 11-15 year olds. The class will address first aid and safety, rescue breathing, basic child care, decision making skills, age appropriate behavior and play. Students will take an exam on all of the materials taught. Participants should bring a bag lunch.

INSTRUCTOR: Tricia Harris

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$60, Non Resident Fee: \$75

ENROLLMENT: Minimum 4, Maximum 8

Class #	Day	Date	Time	Reg By
SSB-1-FL15	Sat	Sep 19	8:30AM-3:30PM	9-8
SST-2-FL15	Sat	Oct 17	8:30AM-3:30PM	10-5
SSB-3-FL15	Sat	Oct 24	8:30AM-3:30PM	10-12
SST-4-FL15	Sat	Nov 7	8:30AM-3:30PM	10-19
SSB-5-FL15	Sat	Nov 21	8:30AM-3:30PM	11-9
SST-6-FL15	Sat	Jan 30	8:30AM-3:30PM	1-18

## YOGA FOR EVERY BODY!

*Ages 16+*

The perfect fusion of form and flow to match all skill levels, age and body type! Come and experience what yoga is all about in this one hour class where we practice safe alignment, proper breathing and movement from pose to pose. You will leave feeling nourished!

INSTRUCTOR: Ashley Pollock

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$65, Non Resident Fee: \$80

ENROLLMENT: Minimum 6, Max 12

Class #	Day	Date	Time	Reg By
YFE-1-FL15	Wednesdays	Sept 16-Oct 21	3-4PM	9-8
YFE-2-FL15	Wednesdays	Oct 28-Dec 2	3-4PM	10-12
YFE-3-FL15	Wednesdays	Dec 9-Jan 13	3-4PM	11-23
YFE-4-FL15	Mondays	Sept 14-Oct 19	4-5PM	9-8
YFE-5-FL15	Mondays	Oct 26-Nov 30	4-5PM	10-12
YFE-6-FL15	Mondays	Dec 7-Jan 11	4-5PM	11-23

## INTRODUCTION TO TAI CHI FORM PRACTICE

*Ages 17+*

Distilling the essential aspects of different components of traditional tai chi training into a simple, easy to learn program suitable for persons of all ages and physical abilities. SiFu Jeff Ponasiak will instruct you in a seven movement introductory tai chi form while sharing the secrets of traditional practice that are absent in many westernized or commercialized forms of tai chi. Included in this class will be moving qigong exercises for health and relaxation.

INSTRUCTOR: Master Jeff Ponasiak

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: Village of East Troy Resident Fee: \$65, Non Resident Fee: \$79

ENROLLMENT: Minimum 6

Class #	Day	Date	Time	Reg By
TC-001-FL15	Wednesdays	Sept 2-Oct 7	7:30-8:30PM	Aug 24
TC-002-FL15	Wednesdays	Oct 21-Nov 25	7:30-8:30PM	Oct 12
TC-003-FL15	Wednesdays	Dec 9-Jan 13	7:30-8:30PM	Nov 30

## INTERMEDIATE BALLROOM DANCE

*Adults/High School Students*

Participants are required to have two levels of Ballroom II or equivalent levels to take the class. No Class November 23.

ORGANIZER: Louis Calicchio has over 30 years of teaching experience

LOCATION: Lake Denoon Middle School Cafeteria, W216 S10566 Crowbar Dr. (Please enter through the 4 glass doors at the back of the building)

COST: Village of East Troy Resident Fee: \$50 Per couple, Non Resident Fee: \$75 Per couple

Class #	Day	Date	Time	Reg By
301-FL15	Mondays	Oct 5-Dec 14	6:30-7:30 PM	Sep 21

## BALLROOM DANCE II

*Adults/High School Students*

Participants must have had Basic Ballroom instruction. This class will be a continuation of Basic Ballroom I with additions of new dances and steps like the Waltz, Foxtrot and Swing also, Rumba, Cha –Cha- Cha and Tango. No class November 23.

ORGANIZER: Louis Calicchio has over 30 years of teaching experience

LOCATION: Lake Denoon Middle School Cafeteria, W216 S10566 Crowbar Dr. (Please enter through the 4 glass doors at the back of the building)

COST: Village of East Troy Resident Fee: \$50 Per couple, Non Resident Fee: \$75 Per couple

Class #	Day	Date	Time	Reg By
300-FL15	Mondays	Oct 5-Dec 14	7:30-8:30PM	Sep 21

## ESPAÑOL BASICO

*Adult 18+*

This is a collaborative program with New Berlin and Muskego. Are you just starting out in the world of Spanish? Did you take a Spanish class a while ago and need a refresher of the language? Either way, this is the class for you. In this class we will be starting out from the beginning which includes the alphabet, numbers, colors, shapes, etc. But, we will also be going over some basic conversation as well. Join us to learn this beautiful language that nowadays seems to be everywhere! Bring a pencil and notebook to each class.

INSTRUCTOR: Erin Pratt

LOCATION: Muskego City Hall, Lion's Den –W182 S8200 Racine Ave, Muskego

COST: Village of East Troy Resident Fee: \$75, Non Resident Fee: \$100

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
MUS-BSA-FL15	Tues & Thurs	Sept 22-Nov. 5	6:30-7:30PM	9-14

## ESPAÑOL A CONTINUACION 1

*Adult 18+*

Hola my returning students from either Basic Spanish or Conversational Spanish! In this class we will be increasing our knowledge and vocabulary from one or the other of our previous classes. Here we will be learning about even more things to talk about!! Come join us for even more Spanish fun! Hasta pronto!!! This is a collaborative program with New Berlin and Muskego. Bring a pencil and notebook to each class.

INSTRUCTOR: Erin Pratt

LOCATION: Muskego City Hall, Lions Den –W182 S8200 Racine Ave, Muskego

COST: Village of East Troy Resident Fee: \$75, Non Resident Fee: \$100

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
MUS-CSA-FL15	Tues & Thurs	Sept 22-Nov. 5	5:15-6:15PM	9-14

## ESPAÑOL PARA CONVERSAR

*Adult 18+*

Have you always wanted to learn Spanish? Do you work in a Spanish-speaking environment, or do you want to? Or maybe you'd like to travel to Mexico on vacation and want to learn some conversation starters? Whatever may be the case; this is the class for you to begin your Spanish-speaking skills. Come join us and start to discover the wonderful world of Spanish!

INSTRUCTOR: Erin Pratt

LOCATION: Muskego City Hall, Lions Den –W182 S8200 Racine Ave, Muskego

COST: Village of East Troy Resident Fee: \$75, Non Resident Fee: \$100

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
MUS-EPC-FL15	Tues & Thurs	Sept 22-Nov. 5	5:15-6:15PM	9-14

## LEFRANCAIS CONVERSATIONNEL

*Adult 18+*

Bonjour! Ca va? Come and join us for a little conversation en Francais! Whether you took French in high school and feel like you may need a review, have a love for the French culture and language, or just want to start out on the basics, this is the class for you!

INSTRUCTOR: Erryn Pratt

LOCATION: Muskego City Hall, Lion's Den –W182 S8200 Racine Ave, Muskego

COST: Village of East Troy Resident Fee: \$75, Non Resident Fee: \$100

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
MUS-LFC-FL15	Mon & Wed	Sept 21-Nov 4	7:45-8:45PM	9-14



## ADULT CLASSES

### BIENVENUE AU FRANCAIS

*Adult 18+*

Bonjour! Have you had a curiosity for French but life got in the way, and you could never find the time? Did you take French in high school but feel like that was ages ago and you need a refresher? French is a beautiful language! Come join us for Beginning French, and you'll be saying 'Ooh La La' in no time!

INSTRUCTOR: Erryn Pratt

LOCATION: Muskego City Hall, Lion's Den -W182 S8200 Racine Ave, Muskego

COST: Village of East Troy Resident Fee: \$75, Non Resident Fee: \$100

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
MUS-LFC-FL15	Mon & Wed	Sept 21-Nov 4	6:30-7:30PM	9-14

### BEGINNING OIL PAINTING

*Adult 18+*

This is a collaborative program with New Berlin, Franklin and Muskego. You will learn the basics of oil painting, how to mix and apply the paint to your canvas to paint subjects provided by the instructor and that of your choosing.

Paints: Titanium White, Ivory, Black, Cadmium Yellow & Orange, Cerulean Blue, Ultramarine Blue, Burnt Sienna, Raw Umber, Viridian, Alizarin Crimson. At a minimum: red, yellow, blue, black & white. NOTE: Get a large tube of white and black, to be used for mixing; the others can be small tubes. Primed, stretched canvas or canvas board; lean to the smaller side for starting out; 9x12' perhaps being the largest you should go. Brushes: size 4 bright or flat. Small round for details, size 12 or 14 filbert (please do get oil painting brushes as they have stronger bristles which are needed for this medium). Palette & knife, linseed oil, low-odor mineral spirits (& containers).

INSTRUCTOR: Jean Curley

LOCATION: Muskego Public Library -Room 3. S73 W16663 Janesville Rd., Muskego

COST: Village of East Troy Resident Fee: \$36, Non Resident Fee: \$48

ENROLLMENT: Minimum 6, Maximum 20

Class #	Day	Date	Time	Reg By
MUS-BOP-FL15	Mondays	Sept 28-Oct 19	10-11:30AM	9-21



### PAINTING WITH WATER COLORS

*Adult 18+*

This is a collaborative program with New Berlin, Franklin and Muskego. Learn to use the watercolor medium through controlled washes and a variety of techniques. Participants must provide their own supplies which include: paper (140# cold pressed pad, block or sheet), brushes (round #6, 1/4 and 1/2' flat, 1-1/2' - 2' Haki or similar (inexpensive) for larger washes and any other you may want), paint (tubes of paint in colors: red, yellow, blue, green, burnt sienna, paymes grey and any other color of your choice), board to hold paper, masking fluid, masking tape, water container, paper towel, palette (foam or white plastic plate will do)

INSTRUCTOR: Jean Curley

LOCATION: Muskego Public Library ROOM 4, S73 W16663 Janesville Rd, Muskego

COST: Village of East Troy Resident Fee: \$55, Non Resident Fee: \$82.50

ENROLLMENT: Minimum 6, Maximum 20

Class #	Day	Date	Time	Reg By
MUS-PWC-1-FL15	Wednesdays	Sept 9-Oct 28	10-11:30AM	9-2
MUS-PWC-2-FL15	Wednesdays	Sept 9-Oct 28	7-8:30PM	9-2

### HANDGUN SAFETY COURSE

*Adult 18+*

This course provides an overview of handgun safety practices and concealed carry considerations. It is designed as a safety course, not a training course. This course does not substitute for practice and training in handgun operation. In this course, students will learn the basics of firearm safety and Wisconsin requirements and considerations regarding the carry of a concealed weapon. This course meets the training requirements of Wis. Stat. 175.60(4). License to carry a concealed weapon. Course conducted by a current Town of Mukwonago Police Officer holding DOJ certification in firearms training.

INSTRUCTOR: Town of Mukwonago Police Officer holding DOJ certification in firearms training

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: \$25

ENROLLMENT: to sign up contact Melissa at (262) 363-5188 between 7:30AM-3:30PM (M-F) or via email at [mgoetz@mukwonagopolice.org](mailto:mgoetz@mukwonagopolice.org)

Class #	Day	Date	Time
GUN-FL15	Thursday	Oct 1	6-10PM

### RETIREMENT INVESTING

*Adult 18+*

Wondering what to do with your retirement plan? Many investors, concerned with safely growing their assets, spend time understanding the basics. In this class you will have the rare opportunity to learn the fundamental principles of investing taught in the spirit of Benjamin Graham, billionaire Warren Buffett's mentor. This class will Benjamin Graham's classic book, The Intelligent Investor, which Warren Buffet called the best book on investing ever written, as a guide.

INSTRUCTOR: Adam Ryback, Account Executive/Kevin Bay Investments, LLC

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: \$10

ENROLLMENT: Minimum 5, Maximum 20

Class #	Day	Date	Time	Reg By
RI-FL15	Wednesday	Oct 28	6-7:30PM	10-12

### SLOW COOKER CREATIONS

*Adult 18+*

Thinking about asking for a new slow cooker for Christmas or is your slow cooker collecting dust? Join us for an informational workshop and tasty treats! We will discuss the do's and don'ts of crock pot cookery, helpful hints in selecting a crock pot recipe, and enjoy tastes and smells of some Slow Cooker Creations. Come hungry and bring your own beverage!

INSTRUCTOR: Jenny Wehmeier, UW-Extension Family Living Educator

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM B

COST: Village of East Troy Resident Fee: \$5, Non-Resident Fee: \$10

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
SCC-UW-FL15	Thursday	Dec 3	5-6PM	11-16



## ADULT CLASSES

### IMAGINE AGELESS AND BEAUTIFUL SKIN

*Adult 18+*

Learn the secrets to reverse the seven signs of aging with guaranteed results!!! Learn the latest technology to combat every problem—discoloration, acne, sagging lines, varicose veins, scars, stretch marks, and more! Are you using expensive crèmes and not seeing any benefits? Find out why. Are you confused by advertising claims and myriad products on the market? Do you just want something that works for you personally and solves your problems? This class will give you the answers that make sense. You will receive an individualized skin prescription through the use of patented skin sensors and learn the latest techniques to maintain healthy skin as well as resurface damaged skin. You will also receive a subcutaneous damage analysis. Each participant will receive a spa-quality transformation facial and breakthrough treatment that combines the benefits of a chemical peel and mesoderm abrasion and is valued at over \$200\* New: Oxygen Zone Tool. This unique tool uses a high frequency current that is safe and a pure way to correct multiple skin disorders. We also use non-surgical fillers for a special anti-aging lift. These are result-driven treatments that you will see immediately. \*Please note that these treatments are interactive and you will be an active participant in the application. NOTE: Wear comfortable clothing and little or no makeup. If you wish to wash your face, please do so an hour prior to class and don't apply anything to your skin.

INSTRUCTOR: Executive Image, Inc.

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: Village of East Troy Resident Fee: \$31, Non Resident Fee: \$46

ENROLLMENT: Minimum 5, Maximum 20

Class #	Day	Date	Time	Reg By
SAS-FL15	Monday	Oct 19	6:30-8:30PM	10-5

### MAKEUP 101: BASIC TECHNIQUES

*Adult 18+*

Makeup is meant to enhance your natural beauty, not make you feel uncomfortable! Selections based on your coloring, personality and lifestyle are essential to achieve that goal. So why not try to guess if a lip color, foundation, or eyeliner will work? Choose wisely and easily by knowing your color season. If you're afraid you'll end up looking like Dracula's mother, rest assured we'll evaluate your fashion and makeup personality and make selections to reflect you! Finally, learn proper application techniques as well as how to apply your look in only minutes!! Discover your true beauty! You will receive a color, fashion and makeup personality and facial shape analysis, during the class. This valuable information can give you a lifetime of smarter choices. Note: This class will run to 9PM.

INSTRUCTOR: Executive Images, Inc.

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: Village of East Troy Resident Fee: \$31, Non Resident Fee: \$46

ENROLLMENT: Minimum 5, Maximum 30

Class #	Day	Date	Time	Reg By
MMB1-FL15	Tuesday	Oct 27	6:30-9PM	10-12

### POTTY TRAINING WITHOUT TEARS

*Adult 18+*

Toilet learning success depends on patient, understanding adults and a child who is physically, intellectually, and emotionally ready. Is your child really ready? This workshop is designed for parents/caregivers/grandparents of young children. Learn the readiness signs for toilet training and what you can do to help prepare children for this important step. All families will receive an age appropriate book to help spark your child's interest in toilet training. Although child care is NOT provided, children are welcome to attend with their adult. Please bring toys to keep your children entertained.

INSTRUCTOR: Jenny Wehmeier, UW-Extension Family Living Educator

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM B

COST: Village of East Troy Resident Fee: \$7, Non-Resident Fee: \$14

ENROLLMENT: Minimum 6, Maximum 12

Class #	Day	Date	Time	Reg By
PTWT-UW-FL15	Thursday	Oct 22	10-11:30AM	10-5

### MAKEUP 201: ADVANCED TECHNIQUES

*Adult 18+*

This class is designed for the true makeup junky! Or someone who wants techniques to correct prominent features or cover discolorations. If you are wondering what eye shadow technique is best for your eye shape, you will learn what colors to use and how different intensities can change your look. Perfect your brows by knowing how the shape of your eyes and face influence your brows. Learning contouring techniques to create a more desirable face shape. Cover imperfections and discolorations with special colors and tools. In addition, learn what styles work for casual, business or dressy occasions. Color analysis and lifestyle evaluations will help us determine your needs.

INSTRUCTOR: Executive Images, Inc.

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: Village of East Troy Resident Fee: \$31, Non Resident Fee: \$46

ENROLLMENT: Minimum 5, Maximum 30

Class #	Day	Date	Time	Reg By
MA1-FL15	Tuesday	Nov 17	6:30-8:30PM	11-2

### LOOKING BETTER FOR LESS

*Adult 18+*

Look Slimmer, Younger, and Save Money! Do you feel overwhelmed in a store or in your closet? Do you wear the same outfit over & over? Are you interested in looking slimmer and younger? Do you waste money on close you don't wear? We can help! Get control of your closet now! We'll teach you how to shop quickly, effectively, and make choices that are not only flattering but work for your lifestyle and budget. Learn how to "build a wardrobe" that works for YOU! Each participant will receive a personal color, body type and personality analysis and a personal color chart & key style recommendations for your body type to take home. Note: Dress in clothes that will allow measurements and wear little or no makeup.

INSTRUCTOR: Executive Images, Inc.

LOCATION: MUKWONAGO Town Hall-W320 S8315 Beulah Rd

COST: Village of East Troy Resident Fee: \$31, Non Resident Fee: \$46

ENROLLMENT: Minimum 5, Maximum 30

Class #	Day	Date	Time	Reg By
MA1-FL15	Monday	Nov 30	6:30-8:30PM	11-16

### MAHJONG

*Adult 18+*

Join the Mahjong Mavens every Thursday for some fun games of Mahjong! Never played before? That's okay, come in and we will teach you how to play!

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: FREE

Class #	Day	Time
MJM-FL15	Every Thursday	9:30-NOON

### KNITTING & CROCHET CORNER

*Adult 18+*

Come finish your project or start creating those holiday gifts! No instructor, come share patterns and ideas and designs!

LOCATION: East Troy Village Hall, 2015 Energy Dr, ROOM A

COST: FREE

Class #	Day	Time
KCC-FL15	Every Monday	9AM

### BK BINGO

*Seniors*

Cover your card with winning numbers as you play bingo. Small prizes awarded. THANK YOU to Burger King for the place and the prizes!

LOCATION: East Troy Burger King

COST: FREE

TIME: 10-11AM

DATE: EVERY MONDAY-EXCEPT HOLIDAYS!

Class #	Day	Time
BKB-FL15	Mondays	10-11AM



**Excel Classes**

Our 2-hour classes are designed to let you customize your own learning path, picking and choosing the topics you need most to do your job. This helps ensure that the time you devote to training is as relevant to your needs as possible.

**MICROSOFT EXCEL COMPUTER CLASSES****Adult**

Pick and choose the right Excel classes for you or take all 13 Excel classes to become a Microsoft Excel expert. Feel free to take the classes in which ever order makes sense for your knowledge of Excel. Each class is scheduled for 2-hours which includes a 90-Minute Workbook plus extra time for practice and questions. Class is geared towards Excel 2010 but can be easily adjusted if you have the 2013 or 2007 versions. Bring your own laptop for hands-on learning or just follow along with the instructor's projector and your workbook. Registration must be at least 10 days in advance to accommodate ordering book supplies for everyone in class.

INSTRUCTOR: Tracey Fridley, The Computer Help Button, LLC

LOCATION: East Troy Village Hall, 2015 Energy Dr, PARK AND REC OFFICE

COST: Village of East Troy Resident Fee: \$60 each, Non Resident Fee: \$75 each

ENROLLMENT: Minimum 2

**BEGINNING EXCEL**  
**1. NEW FEATURES**

Learn to work with the new features of Excel 2010. In Excel 2010, the familiar toolbars and menus used in earlier versions of Excel have been replaced by the Ribbon. Once you've grown accustomed to this new way to access Excel commands, you'll want to know about Excel 2010's other new features as well.

Class #	Day	Date	Time	Reg By
EXC01-FL15	Wed	Sept 2	6-8PM	8-24

**BEGINNING EXCEL**  
**2. GETTING STARTED**

Learn the terminology and capabilities of Excel 2010. Learn how to create a spreadsheet, enter data, and create simple formulas. Do you want to learn the basics of using an electronic spreadsheet? Do you want to learn to input data and add rows and columns? Do you want to do simple calculations? Do you want to be able to create, edit, print, save, and open spreadsheets?

Class #	Day	Date	Time	Reg By
EXC02-FL15	Wed	Sept 9	6-8PM	8-31

**BEGINNING EXCEL**  
**3. FUNCTIONS & FORMULAS**

Learn the fundamentals of creating and working with formulas and functions. Start by building and copying simple formulas. Then learn to use functions such as SUM, AVERAGE, PMT, ROUND, TODAY, and NETWORKDAYS. Also understand the difference between relative and absolute cell references, create grand totals, and work with formulas that contain 3-D references. Do you want to perform calculations in your Excel spreadsheets? Do you want to use any of the 300+ built-in Excel functions? Do you want to learn how to efficiently create worksheets that update automatically?

Class #	Day	Date	Time	Reg By
EXC03A-FL15	Wed	Sept 16	6-8PM	9-7
EXC03B-FL15	Wed	Nov 25	6-8PM	11-16

**BEGINNING EXCEL**  
**4. FORMATTING SPREADSHEETS I**

Learn the basic formatting techniques necessary to enhance the way data displays on a worksheet and print. Do you want your worksheets to look more professional? Do you want to call special attention to areas of your spreadsheet?

Class #	Day	Date	Time	Reg By
EXC04-FL15	Wed	Sept 23	6-8PM	9-14

**INTERMEDIATE EXCEL****5. FORMATTING SPREADSHEETS II**

Learn more advanced formatting techniques, including conditionally formatting cells, using sparklines, using styles, and creating custom views. Also learn to include and work with illustrations, SmartArt, and WordArt. Finally, learn to customize Excel's default settings for use in new workbooks and worksheets. Do you want your worksheets to look more professional? Do you want to call special attention to certain areas of your worksheet?

Class #	Day	Date	Time	Reg By
EXC05-FL15	Wed	Sept 30	6-8PM	9-21

**INTERMEDIATE EXCEL**  
**6. WORKING WITH WORKBOOKS**

Learn to organize your worksheets effectively by storing them in workbooks. Also learn to share data within a workbook, from workbook to workbook, and with other users. Are you currently saving every Excel spreadsheet in a separate file? Did you know you can have multiple pages in a one Excel file called a "workbook?" Did you know you could create formulas that span multiple worksheets? Did you know you could share workbooks with other users?

Class #	Day	Date	Time	Reg By
EXC06-FL15	Wed	Oct 7	6-8PM	9-28

**INTERMEDIATE EXCEL**  
**7. CREATING CHARTS**

Learn to create several types of professional-looking charts. Identify chart objects and learn to modify, add, and format charts to enhance the presentation of your data. Could your statistical information be presented more clearly in a graph or chart? Would a chart spice up an upcoming presentation? Would you like to clearly show comparisons such as forecasted to actual, last year to this year, etc.?

Class #	Day	Date	Time	Reg By
EXC07A-FL15	Wed	Oct 14	6-8PM	10-5
EXC07B-FL15	Wed	Dec 2	6-8PM	11-23

**INTERMEDIATE EXCEL**  
**8. LISTS & TABLES**

Learn list and table design techniques, as well as procedures to sort, filter, and validate data. You will also learn to use formulas in lists and tables, remove duplicate records, and use the subtotal and outline features. Do you spend a lot of time searching for data in large spreadsheets? Would you like to perform database functions such as filtering, subtotaling, and sorting directly in your Excel spreadsheet?

Class #	Day	Date	Time	Reg By
EXC08A-FL15	Wed	Oct 21	6-8PM	10-12
EXC08B-FL15	Wed	Dec 9	6-8PM	11-30

**INTERMEDIATE EXCEL**  
**9. TIPS & SHORTCUTS**

Learn various tips and shortcuts that will make you more efficient when working with Excel. Are you using the fastest methods to accomplish tasks in Excel 2010? Do you want to learn tips for navigating a worksheet, finding information in your worksheets, and entering data more easily?

Class #	Day	Date	Time	Reg By
EXC09A-FL15	Wed	Oct 28	6-8PM	10-19

**On-site Computer Classes**

Please contact The Computer Help Button at (262) 470-1286 or [tracey@thecomputerhelpbutton.com](mailto:tracey@thecomputerhelpbutton.com) to design your own on-site classes.

Schedule a one-on-one computer class for \$60 per hour or  
Setup a group class at your business at \$100 per hour  
Workbooks are \$25 per student



ADVANCED EXCEL

10. MORE FUNCTIONS & FORMULAS

Learn to use some of Excel's logical, text, lookup & reference, and conditional functions to process worksheet data more efficiently. Do you need to do more advanced calculations? Do you want to learn to use more of the 300+ built-in Excel functions? This class covers four groups of common functions: logical functions, text functions, lookup and reference functions, and conditional functions.

Class #	Day	Date	Time	Reg By
EXC10A-FL15	Wed	Nov 4	6-8PM	10-26

ADVANCED EXCEL

11. EXCEL AUTOMATING TASKS WITH MACROS

Learn to write macros to automate various Excel tasks. Do you frequently perform the same tasks in Excel? Learn various ways to save time and steps by recording macros.

Class #	Day	Date	Time	Reg By
EXC11A-FL15	Wed	Nov 11	6-8PM	11-2

ADVANCED EXCEL

12. PIVOT TABLES

Learn to analyze and summarize worksheet data using pivot tables and pivot charts. Do you need to analyze data? Learn why and when you can use a pivot table or pivot chart to analyze and summarize data. This workout covers creating and modifying pivot tables, filtering and formatting data, customizing pivot table options, and creating pivot charts.

Class #	Day	Date	Time	Reg By
EXC12A-FL15	Wed	Nov 18	6-8PM	11-9
EXC12B-FL15	Wed	Dec 16	6-8PM	12-7

HEALTHY MOVEMENT PARKOUR FOR ADULTS-NEW

Adult 18+

Looking for a way to get moving again? Tired of your car, desk, and sofa? This adult class will get you jumping, crawling, vaulting, swinging, climbing, and running the way you're supposed to! Each class will include a warm-up, technique and workout, and stretching. This course is taught by A.D.A.P.T. certified coaches from Wisconsin Parkour.

INSTRUCTOR: Travis Tetting

LOCATION: East Troy Village Hall, 2015 Energy Dr, REC ROOM

COST: Village of East Troy Resident Fee: \$32, Non Resident Fee: \$47 (1 class drop in fee \$10)

ENROLLMENT: Minimum 3, Maximum 12

Class #	Day	Date	Time	Reg By
PO1-FL15	Wednesdays	Sept 16-Nov 4	7:45-8:45PM	9-8

WHEAT-FREE KITCHEN

Adult

Inspired by the Wheat Belly book by Dr William Davis, many people are finding extreme health benefits with removing wheat as a food source. Join us to talk about this amazing wheat-free program, share wheat-free healing stories, and trade some wheat-free recipes. We will focus on a healthier kitchen with simple single-ingredient all wheat-free foods. Please visit [www.wheat-free-kitchen.com](http://www.wheat-free-kitchen.com) for more information about choosing wheat-free.

INSTRUCTOR: Tracey Fridley, blogger at [www.wheat-free-kitchen.com](http://www.wheat-free-kitchen.com)

LOCATION: East Troy Village Hall, 2015 Energy Dr, PARK AND REC OFFICE

COST: \$15

ENROLLMENT: Minimum 2

Class #	Day	Date	Time	Reg By
WFK1-FL15	Mon	Sept 14	7-8PM	9-7
WFK2-FL15	Mon	Oct 12	7-8PM	10-5
WFK3-FL15	Mon	Nov 9	7-8PM	11-2

YOU NEED A BUDGET

Adult

Discover four simple rules that help you stop living paycheck to paycheck, get out of debt, and save more money faster! The You Need A Budget (YNAB) Method has helped tens of thousands of people turn their financial lives around. Bring your own receipts, bills, and financial statements, if you wish. We will practice budgeting and typing in transactions with the You Need a Budget software program. Test out the software for free before or after class with the 34-day trial of the YNAB Software. Receive a 10% discount with this link: <http://ynab.refr.cc/6S33HZ3>

INSTRUCTOR: Tracey Fridley, The Computer Help Button, LLC

LOCATION: East Troy Village Hall, 2015 Energy Dr, PARK AND REC OFFICE

COST: \$30

ENROLLMENT: Minimum 4

Class #	Day	Date	Time	Reg By
WFK1-FL15	Mon	Sept 14	6-7PM	9-7
WFK2-FL15	Mon	Oct 12	6-7PM	10-5
WFK3-FL15	Mon	Nov 9	6-7PM	11-2

PAMPERED CHEF SHOPPING

Adult

Take a peek at some of our Pampered Chef kitchen tools up close. Sample some healthy foods prepared by our popular kitchen gadgets, grab a few healthy recipes and see how to easily prepare food with these excellent kitchen tools. Invite your friends to come with you! Bring your purse to get a head start on your holiday shopping too!

INSTRUCTOR: Tracey Fridley, East Troy Pampered Chef Consultant

LOCATION: East Troy Village Hall, 2015 Energy Dr, PARK AND REC OFFICE

COST: \$0

ENROLLMENT: Minimum 2

Class #	Day	Date	Time	Reg By
WFK1-FL15	Mon	Sept 21	6-8PM	9-14
WFK2-FL15	Mon	Oct 19	6-8PM	10-12
WFK3-FL15	Mon	Nov 16	6-8PM	11-9
WFK4-FL15	Mon	Dec 14	6-8PM	12-7

MOVIES

Seniors

We will play a recent movie and serve up some popcorn. Bring your friends!

LOCATION: East Troy Lions Public Library

COST: FREE

Class #	Day	Time
MVE-FL15	3rd Wednesday of the month	1PM





FALL 2015 REGISTRATION FORM

Registration for all Recreation Classes starts IMMEDIATELY!  
Get your registration in early! Cash and checks accepted.

Student's Names	Father's Name & Work Phone
Address	Mother's Name & Work Phone
City, State Zip	Emergency Contact Name & Phone
Home Phone	Cell Phone
Please note any special considerations we should be aware of such as medications, disabilities, etc.	Email Address

Student Name	Age/Grade	Class Name	Class #	Session/Level	Day	Date	Time	Cost
Checks payable to: <b>VILLAGE OF EAST TROY</b> Are you a <b>VILLAGE</b> of East Troy Resident? YES or NO * The East Troy Recreation Department is funded by <b>VILLAGE</b> of East Troy Tax Dollars. Please pay appropriately.							<b>TOTAL AMOUNT DUE:</b>	

WAIVER AND RELEASE OF ALL CLAIMS

Please note the cancellation and refund policies. You will be responsible to know the policies. Also, please make note of all the classes you are signing up for as confirmations will not be sent. Note: Registration will not be processed without payment. Classes will be confirmed only when placed in your second-choice class. As a participant in programs, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as result of participation. I agree to waive and relinquish all claims I may have as a result of participating in programs against the Parks & Recreation Department its officers, employees and volunteers. I agree to hold harmless the Village of East Troy and its officers, employees and volunteers from any and all claims.

SignatureDate

MAIL REGISTRATION FORM AND PAYMENT TO:  
East Troy Parks & Recreation Department  
2015 Energy Dr, East Troy, WI 53120

LATE FEES

Registrations received after 3:30pm on the deadline date are considered late. A non-refundable late fee of \$10 per participant, per activity will be assessed. The Recreation Director will determine acceptance of the late registration.

T-SHIRTS

T-shirts will be ordered for some programs.  
Please fill in name and size.  
Youth S (6-8), M (10-12), L (14-16)  
Adult S, M, L, XL

NAME	SIZE